MIX AND MATCH

Choose a vitamin C rich food along with an iron rich plant food to help your body use iron better.

Iron Vitamin C

I ron enriched 100% Fruit or Vegetable Juice* cereals

Dark Greens Cabbage

Black Beans Strawberries

Navy Beans Broccoli

White Beans Raw Spinach

Soy Beans Tomato or Juice

Pinto Beans **Peppers**

Lentils Mixed Fruit*

Kidney Beans Kiwi

Lima Beans Grapefruit or Juice

Pumpkin Seeds Guava or Juice

Sesame Seeds Orange or Juice

* Vitamin C enriched

NOTES:

The Strength Iron

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

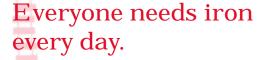
Tennessee Department of Health Authorization No. 343310 No. of Copies 75000 This document was promulgated DH-0025





Iron:

Iron helps your blood carry oxygen to your muscles and body parts. You have more energy and are healthier when you have enough iron in your blood. Children and adults who have adequate iron, learn faster and perform better at school and work.



Sources of iron are:

Lean meat

(beef, pork, wild game)
Kidney, heart, liver, gizzards
Fish and shellfish
Iron enriched cereals
Poultry
Dried peas and beans
Blackstrap molasses



Get on the healthy track. Include iron rich foods in your diet everyday!



I ron works hard delivering oxygen to your moving parts!

Did You Know?

I ron that comes from meat is used more easily than iron that comes from a plant source.

When you eat iron that comes from a plant source, it is recommended that you also drink or eat food that contains vitamin C. Vitamin C helps your body use iron better.

Cooking in an iron skillet adds small amounts of iron to food.

If an iron supplement has been prescribed, it is important to take it regularly, as directed.

Your body does not absorb all the iron available in the foods you eat when you drink coffee or tea.

Babies that are breastfed or formula-fed receive plenty of iron through the breastmilk or formula up to 1 year.